

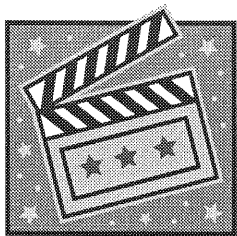
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SOKOL TIMES

APRIL 9, 2009

PUBLICATION FOSTERING FRATERNAL, CULTURAL & PHYSICAL EDUCATION ACTIVITIES SINCE JULY 14, 1905

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BRAVO!

Congratulations to Jessica St. Clair, Lodge 12 member and friend of Sokol Woodlands, on her new TV show. She will be appearing in ABC's new sitcom, "In the Motherhood," Thursdays at 8 p.m.

From the President's View

The annual meeting of the Supreme Lodge was held on March 12, 13 and 14. Once again, we saw that our investments are sound, even in this declining market. Our solvency, though decreased somewhat with the market downturn, ensures the benefits due our members. Sokol USA has for many years been operating on a very lean budget by comparison to other fraternal societies. This and conservative investments have proven to be effective.

In light of the current market, regulations and general economy, we again had fruitful discussions regarding proposals to be brought forth to the convention. Of significant importance is the fact that we must raise the minimum amount of insurance per policy. We are advised of this by our actuary and CPA. Thus, after a lengthy discussion, we decided to bring to the Convention a motion of raising the minimum amount of the face value of a policy to \$10,000. Our fore founders had established a minimum of \$500. I presume that one could be buried for that amount of money back over 100 years ago. Today, our minimum is \$1,000. We have not done a good job of keeping up with the times.

With the decrease in our membership, we took a look at the size of our Supreme Lodge. Most fraternal societies have a much smaller board of directors than we presently have. The Supreme Lodge will be recommending the following changes:

- Eliminate the position of Treasurer. This position can be combined with the Financial Secretary to be Supreme Secretary-Treasurer. Banks now require only one signature. For checks over the amount



Bea Walko

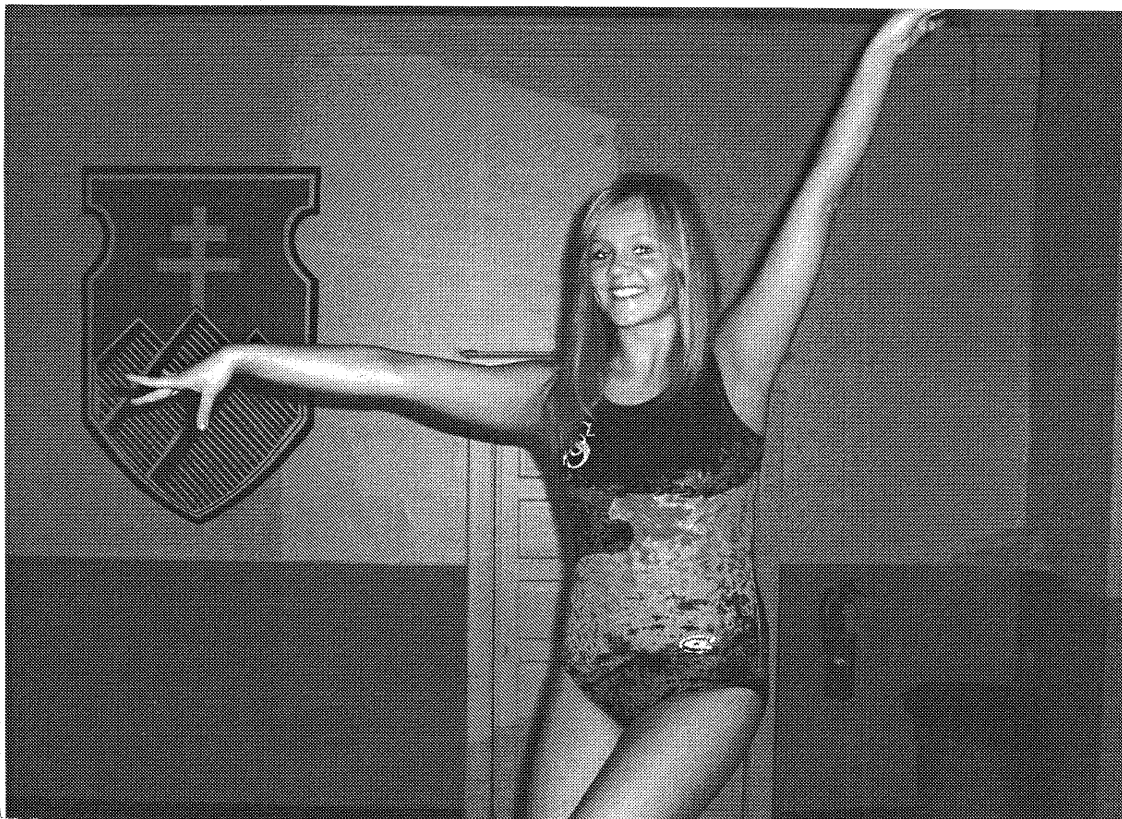
of \$5,000, the President will be the second signature.

- We discussed reducing the size of the Finance Committee to five (5) members, however, it was decided that six (6) members on this board would be sufficient.

There was much discussion regarding the Gymnastic Directors. The number of gymnasts has decreased significantly. It is thought that the elimination of one Director would be appropriate. We also discussed the possibility of having the Fraternal Activities Director represent the Gymnastic Department at Supreme Lodge meetings and to make the Fraternal Activities Director a member of the Executive Board with the elimination of the Treasurer. Needless to say, there was much discussion and this all must be brought to the Gymnastic Department meeting.

Sister Ondira presented a plan for revising the Gymnastic Department based on her experience as Director of

(See PRESIDENT, Page 4)



Suzi Murcko has been chosen as the Sokol USA National Gymnast of the Month.

Suzi Murcko: Gymnast of the Month

Although our young gymnasts are all working hard to learn new gymnastic skills, each year we choose one who best exemplifies the Sokol ideal of "A Sound Mind in a Sound Body." This year, our club has chosen Suzi Murcko as our Sokol USA National Gymnast of the Month.

Suzi, who is 14 years old, was born in Slovakia and immigrated with her parents Zuzana and Marian and her two sisters Bibiana, a former "Gymnast of the Month," and Lucia to the United States in 2000. She and her mother and both of her sisters are members of Sokol and participate in their respective classes each week. Suzi attends ninth grade in the West Middlesex Junior/Senior High School.

In her four years as a Sokol gymnast, Suzi has competed at the Sokol Greater Cleveland invitational gymnastic competition, placing fifth this year in level 3 in her age group. Additionally, she has already participated in two international Slets in Europe. Her first was in 2004 at the Sokol na Slovensku II Slet in Skalica, Slovakia. She participated in the special number presentation of Sokol Farrell in that slet. Her second international Slet was in 2006 at the XIV Pan Sokol Slet in Prague, Czech Republic. There she participated in the Sokol na Slovensku special number along with her other Sokol Farrell teammates.

In 2005, Suzi participated in the ASO slet in Chicago where she placed third in Level 2 in her age group. But her best competition was at the Sokol USA Slet in Pittsburgh in 2007

where she placed first in Level 2 against good competition from other Sokol clubs around the United States. Suzi is currently spending all of her time in the Sokol gym preparing for her competition and participation in the ASO Slet in Fort Worth, Texas this summer.

Suzi has participated in the girl's class and this year is her second year as a Junior. This year she is working hard to move up to level 3. Her favorite event is Floor Exercise. She has already accomplished a front limber and both front and back walkovers on the floor.

Suzi has interests outside of Sokol. She enjoys participating in cheerleading and volleyball, and has recently been chosen to participate in the "Sundowners," the high school dance line. But, Suzi clearly explains, "The first time I came to Sokol I knew right away that I'd like it. These past four years of doing gymnastics have really inspired me to keep on going and never to give up. I've learned a lot. In the beginning it was difficult, but once I started to work harder, I definitely improved. In the past year or two, I feel like I've

(Continued on Page 6)



Suzi Murcko

SOKOL TIMES

official organ of the
SLOVAK GYMNASTIC UNION SOKOL
OF THE USA

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District Meeting of MCT Corps Sokol USA, Pittsburgh, Pa.

SEMI-ANNUAL MEETING

**Sunday, April 26, 2009
1 p.m.**

Clarion Hotel
300 Tarentum Bridge Road
Route 28, Exit 14
New Kensington, Pa.

*Your lodge should be represented
Hot Luncheon Buffet will be available*

Please send reservations by Saturday, April 18th.

Thank You.
Nazdar!
Matthew M. Blistan Sr.
President

WPSCA ANNUAL SPRING MEETING

The Western Pennsylvania Slovak Cultural Association will hold its 9th Annual Spring Meeting on Sunday, June 14th at 2 p.m. at the Czechoslovak Nationality Room in the University of Pittsburgh Cathedral of Learning. This year's speaker is Karen Melis, who will discuss the basics of DNA testing as it applies to genealogy. She will discuss what DNA testing is and isn't, the testing methods, process and interpretation of results as well as answer questions or concerns. She will also speak about the advantages of a geographic DNA project and some interesting findings about the Zamagurie Region DNA Project. A lucky volunteer from the audience will be selected to demonstrate how a DNA kit is administered and the results will be provided in six to eight weeks free of charge.

In 1998, Karen began a journey to learn about her Slovak ancestry from the Zamagurie Region. What started as a desire to know who her ancestors were and where they came from grew into more than an interest, but a passion. For over 10 years, she has documented her direct and collateral lines, building on the family relationships through a set of villages. The results went well beyond the genealogy and researching of her family tree. By observation, she could not only identify who was related to whom, but also noted patterns of births and marriages, the effects of catastrophes and plagues in the villages, how marriage partners came from "just over the mountain," and how some surnames migrated or stayed for generations in the Zamagurie Region. Further, she could trace emigration patterns from these villages to Passaic, Chicago and especially Pittsburgh, where her own ancestors migrated.

Mrs. Milas earned degrees in Chemical Engineering and Biology from the University of Pittsburgh. She was also a post-baccalaureate student in the Russian and East European Studies Certificate program. After being awarded the Thomas Kukucka Memorial Scholarship, she continued her Slovak studies at the Studia Academica Slovaca (SAS). Presently, she lives in Butler, Pa., with her husband, Terry. They have two children who are also studying for advanced degrees.

The meeting is open to the public. Admission is free. Following the business meeting, there will be a social hour with snacks and drinks in Room 1228.

BOONTON SOKOL LODGE UPCOMING EVENTS



April 25, 6 p.m. – Murder Mystery Night
Adults \$12, Children \$6 (Babysitting included)

Spend the evening at Luigi's Restaurant (Sokol Hall) and figure out who-done-it. Serving spaghetti, meatballs, salad, bread, coffee, tea and dessert. Soda, beer and wine will be available. Reservations are recommended. Call Andrea at 973-945-5485.



Super 50/50

Tickets are \$5.00 each. Only 500 tickets will be sold. The grand prize will be drawn on April 25. For information, call Andrea at 973-945-5485.

Friendship Club

Starts on January 16 and features a picnic on June 7. New members are welcome.

Kent Dudince Sister City Association Sixth Annual Anniversary Banquet

Sunday, April 26, 2009

**1 p.m. – Social Hour
2 p.m. – Dinner
3 p.m. – Program**

**Kent Elks Lodge Hall
Elks Lane, State Route 59**

(Behind the Twin Star Bowling Lanes, 2245 State Route 59)

Music by Johnny Pastirik Band during the Social Hour and Dinner
Featuring orchestra members Johnny Pastirik and Len Jacko

Slovak Culture Program

The Pittsburgh Slovaks Folk Dance Ensemble
Directors: Sue and Rudy Ondrejco

Slovenske Mamicky of Greater Cleveland Vocal Ensemble
Members are Milka Anderko, Maria Cvicela and Monica Smid

Kent Roosevelt High School ACES – Advanced Choral Ensemble
Donna Crews, Director

Dancing following the program

Tickets - \$15 per person; Advanced ticket sales only
Ticket orders will be mailed. Please include names of all guests.

Make checks payable and mail to:
Kent-Dudince Sister City Association
1544 Vine Street
Kent, OH 44240

*For information, please call
Rudy Bachna at 330-673-3255*

61st ANNUAL SOKOL U.S.A. NATIONAL BOWLING TOURNAMENT

May 16, 2009 through May 17, 2009
USBC Moral Support Sanctioned
USBC Sanction
Entry Fee Per Event:
Bowling \$ 7.75
Prize Fee \$ 7.75
Tournament Expense \$ 2.00
TOTAL \$17.50

The _____ Bowling
Team of the _____ Sokol USA
Lodge makes application for entry in the four-
man/woman team competition.
Combination Entry Blank
Team Entry Fee: \$70.00
Doubles Entry Fee: \$35.00*
Singles Entry Fee: \$17.50*
All Events Fee: \$ 1.00
**These are the correct fees. We apologize for the confusion.*



BOONTON LANES
720 Myrtle Avenue, Boonton, NJ
973-335-0123

ENTRIES CLOSE: Midnight, May 1, 2009
Entry Fee Payable to: Sokol 61st Bowling Tournament
Send Entries to: Mary Backus
42 Smith Road
Denville, NJ 07834
973-361-8228

The undersigned Team Captain hereby makes
entry in this 61st Annual National Bowling
Tournament of Sokol USA, May 16, 2009 through
May 17, 2009, and agrees to comply with the rules
which govern the Sokol USA Tournament.

	Sanction #	Name	Avg	Event	Time	
1				TEAM		CAPTAIN: LODGE:
2						ADDRESS:
3				SINGLES		CITY: STATE: ZIP:
4						TELEPHONE:
5				DOUBLES		

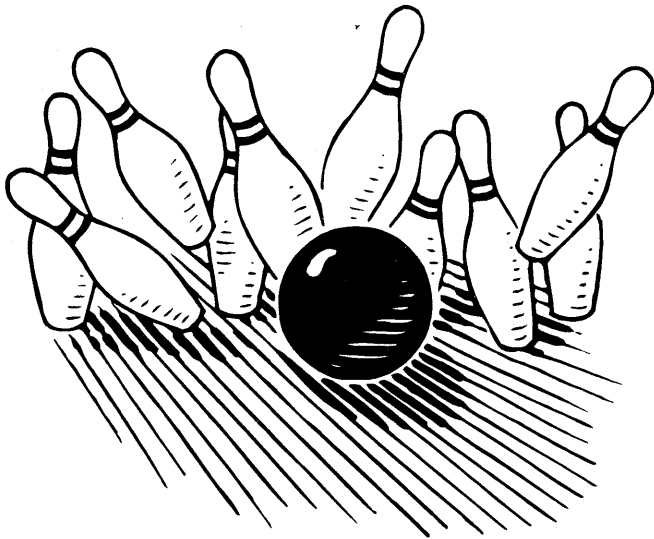
SINGLES	AVG	ENTRY FEE	DOUBLES	AVG	ENTRY FEE	ALL EVENTS	AVG	ENTRY FEE	TEAM	\$
			1						DOUBLES	\$
			2						SINGLES	\$
			1						ALL EVENTS	\$
			2							
			1							
			2						TOTAL	\$

NO FOOD OR BEVERAGES ARE
PERMITTED IN THE BOWLING CENTER

Team Captain: _____
Lodge Secretary: _____

2009 SOKOL USA NATIONAL BOWLING TOURNAMENT QUALIFICATIONS AND RULES

- All participants must be bona-fide members of Sokol USA as of December 31, 2008.
- Entrants will familiarize themselves with USBC Rule 319e. (Average Adjustment for Entry). *Infractions mean disqualification.*
- A bowler who has qualified for a prize of \$600 or more in any event in a tournament within the previous 12-month period must report their actual score, position and amount won for possible re-rating under USBC Rule 319d.
- Use **2007-2008** season's highest average of 21 games or more in USBC or USBC youth sanctioned leagues or if no 2007-2008 average use a current USBC league average of 21 games or more by 2/15/2009. Ten pin or over rule is in effect for this tournament (21 games as of 2/15/2009). Eligible bowlers with no average for current season may enter and bowl using **175** average for men and **140** average for women. As a moral sanction tournament you don't need to be a USBC member. If you wish to be eligible for USBC awards you must pay the appropriate USBC associate member dues.
- Participants may enter all or selected events.
- Entry fee is designated on front of application.
- Failure to use correct average shall disqualify score if submitted average is lower than correct average. Prize winnings shall be based on the submitted average if it is higher than the correct average. However, corrections in averages may be permitted up to the completion of the first game bowled.
- Ineligible participants will be responsible for disqualification of a team and its members in this tournament.
- No bowler is to participate more than once in any event, except host lodge as necessitated by needs of other lodges.
- All entries will be received in accordance with rules of the tournament.
- No fees will be refunded.**
- The All-Events Prize Fund is optional. The fee is \$1.00.
- Men bowlers will receive 100% of the difference between their average and 220 pins in each entry. Maximum 3-game handicap is 168 pins per event. Women bowlers will receive 100% of the difference and their average and 190 pins in each entry. Maximum 3-game handicap is 177 pins per event.
- Deadline for entries is May 1, 2009.
- Singles and Doubles will be bowled **Saturday May 16, 2009 at 9AM and Noon**. Team Event will be bowled **Sunday May 17, 2009 at 9AM**. Bowling will be held at The Boonton Lanes, Boonton, NJ.
- All awards fees will be returned 100%. Handicap scores will be 60% of prize moneys, while actual scores will comprise 40%. Prize ratio will be at least 1 in 8. Teams or individual bowlers will be awarded the highest prize for which they qualify in each event. Youth bowlers may not win prize moneys per rule #100, but will be awarded trophies in lieu of cash.
- All bowlers must present their 2008-2009 season USBC cards before the start of the tournament.
- Teams will be made up of 4 persons, four men or four women. No mixed 4-bower teams or doubles pairs.
- USBC rules will govern for any situation not covered by the above rules.



Lodging information
is on Page 4.

Slovak Ministry offers study abroad program

Dear Representatives of Slovak and Fraternal organizations in the U.S.:

It is my great pleasure to inform you that the Ministry of Education of the Slovak Republic announced the 2009 Government Scholarship Program. The Scholarship Program provides for university study in the Slovak Republic in Slovak language (both undergraduate and graduate), including one year preparatory language training at the Comenius University in Bratislava.

The Government Scholarship Program is specifically intended to provide a university education opportunity for Slovaks living abroad. As a result of that, Slovak organizations in the United States have a unique privilege to influence candidate selection process, because the Ministry of Education requires any candidate to be endorsed by the local Slovak organization.

Candidates may select any study program of their interest at any accredited university in Slovakia. The Ministry of Education, however, recommends following priority study departments (candidates to the following study departments shall be prioritized during selection process): Pedagogy, Humanities Sciences, Art, Social and Behavioral Sciences, Journalism, Economics and Management, Inanimate Nature Sciences, Animate Nature Sciences, Ecology and Environmental Sciences, Architecture and Civil Engineering, Construction Engineering, Technology, Production and Communication, Agriculture, Forestry, Veterinary Sciences, Water Management, Non-medical Health Sciences, Mathematics and Statistics, and Information Sciences and Technologies. Please be advised that medical sciences, dentistry and pharmaceuticals are not recommended in 2009 by the Ministry of Education.

Candidates shall submit their applications to the Ministry of Foreign Affairs of the Slovak

Republic by May 30, 2009. Applications received after May 30, 2009 will not be accepted. Candidates may apply individually to the Ministry of Foreign Affairs, OKUD, Hlboka cesta 2, 833 36 Bratislava. The Slovak Embassy in Washington is willing to provide assistance in submitting applications, however, please be advised that the deadline to submit complete application at the Embassy is May 1, 2009.

The scholarship application shall include following documents:

- Document proving the level of education (superlegalization required - please contact Embassy)
- Study results from a college or other higher education institution, if available
- Birth certificate (verified translation)
- Recommendation from two professors including their working field and institution they represent
- Personally signed Curriculum Viate,
- Medical Certificate
- Documents giving evidence of scientific or specialized publications by the applicant, if available
- Photographs, slides, cassettes, scores of original work (art study only)
- Document of Integrity
- Recommendation from local Slovak organization

The selection committee of the Slovak Ministry of Education shall evaluate the candidates according to two basic criteria, which are a high school grade average of at least 80 percent and a selected study program.

The selected candidate must begin education according to the date set by the university, but no later than September 30, 2009.

Should you have additional questions, please feel free to contact me 1-202-361-8315 or at michal.pavuk@mzv.sk.

Sincerely
Michal Pavuk
First Secretary
Embassy of the Slovak Republic
Washington, D.C.

Recommended Lodging for the 61st Annual Sokol USA National Bowling Tournament

Embassy Suites Parsippany
909 Parsippany Boulevard
Parsippany, NJ
973-334-1440

Fairfield Inn by Marriott
3535 Route 46 at Cherry Hill Road
Parsippany, NJ
973-263-0095

A complete listing of Parsippany motels can be found online at www.NewJerseySkylands.worldweb.com

SOKOL USA FARRELL WELCOMES APPLICANTS FOR STEVE BANJAK MEMORIAL SCHOLARSHIP

Brother Steve Banjak lived his whole life believing in and supporting the ideals of the Sokol movement founded by Dr. Miroslav Tyrš in the Czech Republic and established by Ivan Branislav Zoch in Slovakia.

Brother Banjak was active in the gymnasium since he was introduced to Sokol when he was 14 years old and stopped only when his advanced age and health did not permit it. As President, he led Lodge 103 for a period of 50 years. Brother Banjak also held almost every office in District Svätopluk, including President. In 1958, he was President of the Committee responsible for the very successful XIII Slet held in Cleveland, Ohio.

The lodge has unanimously voted to name

FROM THE PRESIDENT'S VIEW

(Continued from Page 1)

Women. The Supreme Lodge took no action on her proposal except to direct her to present this plan to the Gymnastic Department members. She has given much thought to her role as Director and to the needs of the lodges for financial assistance. Her proposal warrants further discussion.

I am often asked about the possibilities of merger. These economic times have had an adverse effect on many fraternal societies. The National Fraternal Congress is holding discussions and conducting workshops on the topic of mergers. We are committed to maintaining our identity and our financial stability. We are not, at this time, in discussion with any society, however, the door to discussion is always open.

It is my sincere hope that you will look at these proposals and discuss them at your local lodge meetings and that your delegates will come to the Convention prepared to discuss and debate if necessary. Please realize that these are recommendations or topics for further discussion. I look forward to discussing them with you at the upcoming Convention.

On a very happy note, congratulations to Jessica St. Claire on her TV debut in "In the Motherhood" that premiered on ABC. Jessica is a Sokol member of Lodge 12 and a dear friend of Brandi Kovac. Way to go!!

Easter blessings to all.
Nazdar!
Bea Walko

"Let us put our minds together and see what life we can make for our children."

Sitting Bull

this scholarship in his honor as a way to remember him for his many years of service to Sokol. Previous recipients are: 2006 - Oleksandra Banjak; 2007 - Oleksandra Banjak; 2008 - Kathryn Shebeck.

Requirements to be eligible for the "Steve Banjak Memorial Scholarship" are as follows:

- A member in good standing of the Slovak Gymnastic Union Sokol, USA in Farrell, Pa. for a minimum of three years.
- High School diploma or equivalent.
- Acceptance to an accredited four-year school of higher education with degree programs. A letter of acceptance to the college or university to which you plan to attend must accompany this application or if you are already attending a college or university, an official transcript must accompany this application.

- Two letters of reference from non-related persons (at least one from a former teacher) attesting to the character and ability of the applicant.

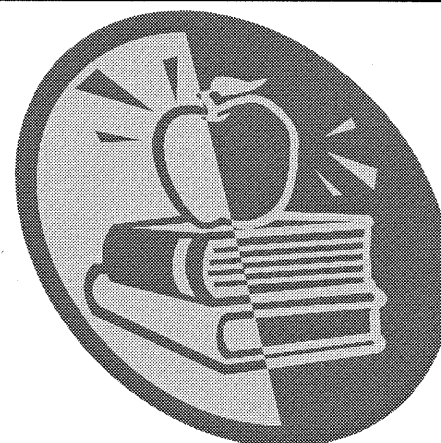
- The letters must accompany this application.

- The fully completed application and letters of reference must be sent by May 15th of each year.

- Send the application and accompanying documents to Brother Melvin Slezak, Committee Chairman, 6850 Seneca Road, Sharpsville, PA 16150.

- The Scholarship will be announced at the Annual Meeting of Sokol USA Farrell, which is held on the first Sunday in June of each year.

Applications can be obtained from Brother Slezak at the above address, at a monthly lodge meeting held the first Thursday of each month at 7:15 p.m. or by calling Sokol USA Farrell at 724.342.1129 and leaving a message.



WHO NEEDS MONEY FOR COLLEGE?

High School Seniors planning to attend college or current college students, Sokol USA's **Milan Getting Scholarship** is available to Sokol USA members!

Education is never something that should take a back seat. Improve your financial ability to attend college by applying for the Milan Getting Scholarship. Each year, Sokol USA is proud to award the Milan Getting Scholarship to Sokol USA members who are furthering their education. Contact Sokol USA Headquarters by phone or e-mail (1-888-253-0362 or SOKOLUSAHQ@aol.com) and obtain an application and get ready to enjoy one of the benefits of being a Sokol USA member.

Applications for the 2009-2010 academic year must be received at Sokol USA by April 1, 2009. New scholarship recipients will be announced by June 1, 2009.

Reminder: all current Milan Getting Scholarship recipients must submit a scholarship renewal application each year by June 29th. Please contact Sokol USA headquarters with any questions.

Announcing

The XXXIII CONVENTION
Of The
Slovak Gymnast Union Sokol
of the U.S.A

August 2, 3, & 4, 2009

To be held at:

Wyndham Pittsburgh – University Place
3454 Forbes Avenue
Pittsburgh, PA 15213

The Gymnastic Department of SOKOL USA will conduct its Annual Meeting at this site on Saturday, August 1, 2009.

The Convention is the highest legislative body and judicial tribunal for the Sokol U.S.A., and shall consist of Supreme Lodge officers, delegates of the local lodges, representatives of the districts, Honorary officers, appointive officers, and guest delegates.

Each lodge in good standing is entitled to one (1) delegate for every fifty (50) members in good standing or major fraction thereof as of December 31 of the year preceding the Convention. Each lodge having less than fifty (50) members is entitled to one (1) delegate. The Supreme Lodge will reimburse the traveling and lodging expenses of not more than two delegates per lodge.

The lodge delegate shall be an adult member in good standing of the lodge for at least one year.

Lodges, districts, or individual members having motions or suggestions for the good of the Sokol U.S.A., or petitions, shall forward the same on forms furnished by the Supreme Secretary, not later than sixty (60) days prior to the Convention, to the Supreme Secretary, who shall deliver the same to the appropriate convention committee.

We encourage the membership and lodge officers to begin planning and selecting delegates as promptly as possible. In addition, we encourage submission of motions or appeals at the earliest possible time so that these topics can then be presented to lodges and delegates prior to their departure to the Convention. It is the intent of the Supreme Lodge to have certain Convention Committees meet prior to the opening of the Convention, which will require the attendance of at least one additional day.

The tentative schedule of Convention events will be published in the of the SOKOL TIMES as soon as it becomes available.

Nazdar!

Milan S. Kovac
Supreme Secretary

Beatrice Walko
Supreme President

FROM THE SUPREME SECRETARY

Dear Sisters and Brothers,
Our year end 2008 financial reports are published within this edition of the Sokol Times (Page 6).
As we indicated in the December 2008 issue of the Sokol Times, the writing down of the value of securities has caused our Society to have a slight decrease in assets and a corresponding decrease in surplus. Though the net capital losses or write downs were significant, our gains from operations, which were greater than the previous year 2007 gains, reduced our net loss to \$264,338.00.
Please be assured that in this investment environment we are being very diligent in our investment strategy and our control of expenses. Though the year 2008 was very difficult, we continue to be a very solvent and financially viable organization. As previously stated, our solvency has decreased, however it is still a very healthy 199.2 percent.
Nazdar!
Milan S. Kovac
Supreme Secretary

LODGE 26 GUTTENBERG, NJ

We have lost another longtime member, Mary Principe. Mary was 93 and a member for over 50 years. She held most officer positions in both W-12 and Lodge 26, including President, Vice President and Secretary.
Mary was well liked and respected by all who knew her. She was always there to help with whatever our Lodge planned, whether it was a flea market or a bus trip or a meeting. She was a very active person both in the Sokol as well as her personal life, noted for her corresponding with people confined to home and the making of doll clothing, which she donated to our fundraising activities and to other group's fundraising. It was both a pleasure and an honor to know Mary. She will be missed by all.

Nazdar
Officers and Members
Lodge 26, Guttenberg

SPECIAL LOCATION PLANNED FOR CONVENTION COCKTAIL PARTY

One of the features of the August 2009 Sokol USA Convention will be a cocktail party and private tour of the Nationality Rooms at the Cathedral of Learning, the main campus building of the University of Pittsburgh.
The cocktail party will be held on Monday, August 3rd at 5 p.m. in the posh Croghan-Schenley Room, which is used for very special university events. The room resembles a miniature Versailles with a décor of marble, elaborate crystal chandeliers and antique French furniture.
During the cocktail party, there will be two tours of the Nationality Rooms. The rooms ring the first and third floors of the Cathedral of Learning. The cocktail party will be on the first floor of the building. The tours will be given at 5:15 and 6 p.m. and will be led by students from the university who are professional guides to the rooms.
The party will also have music by Mark Stafura, a former Duquesne University Tamburitza and member of the Veselica Ensemble.
The cocktail party will be a great opportunity to relax, socialize and renew old Sokol friendships.

SUMMER SCHOOL OF THE SLOVAK LANGUAGE & CULTURE

Target group: Everybody who is older than 16 and is interested in learning Slovak
Date: July 6 – 24, 2009 (3 weeks)
July 6 – 17, 2009 (2 weeks)
Venue: Centre for Language and Academic Preparation (CLAP), Tematínska St. No. 10, Bratislava – Petržalka

The Centre offers excellent conditions for holding both Slovak language lessons and social and cultural activities. There are modern classrooms, multimedia language laboratories and access to the Internet. Lessons are held in small study groups of 5 to 10 students placed upon their Slovak language proficiency (elementary, intermediate, upper-intermediate levels). **In order to get the information on the level of your Slovak language proficiency, we ask you kindly to complete the PLACEMENT TEST.** (It will be sent to your e-mail address immediately after your enrollment.) Online enrollment form and more information can be found at: http://www.uninova.sk/cjop/src/online_enrolment.php. **Enrollment deadline is July 1, 2009.**

The Program includes:
♦ Intensive Slovak language study – 30 lessons per week. Language lessons, conversation lessons, lessons in multimedia language labs, series of lectures on present Slovakia and other attractive forms of language teaching.
♦ Social and cultural program includes Slovak folk traditions, presentation and practice of folk songs and dances, sports and cultural events, guided tours in Bratislava and its surroundings, two-day trip around Slovakia

Gymnast of the Month

(Continued from Page 1)
accomplished a lot more than I ever have. I got my back walkover and front walkover on the floor, a straddle leap on the beam and other skills as well. I know as a person, I'm not the best at gymnastics, but I really do try hard. I like gymnastics a lot. I'm glad that my sister inspires me to do gymnastics. Without her being there, I'm sure I would not have accomplished as much." And her instructors at

Sokol agree that Suzi is really working hard and learning new skills.
Suzi is expecting to return to her native Slovakia next summer for the III Sokol na Slovensku Slet in Trenčín, Slovakia, again as a member of the Sokol Farrell delegation of gymnasts. She will be just a few hundred miles from where she was born.
Congratulations, Suzi, and Nazdar!

IS YOUR FAMILY COVERED?

Insurance coverage for all family members is an essential part of personal financial planning. Don't put off taking care of this responsibility.
See your lodge Financial Secretary or call Sokol Headquarters toll free at 1-888-253-0362 for additional information or membership applications.

Slovak Gymnastic Union Sokol Of USA
Profit & Loss – January-December 2008

Jan – Dec '08

Ordinary Income/Expense

Income	
GAIN TRANSFER TO IMR	-478.00
SCHOLARSHIP-MILAN GETTING	6,000.12
ACCIDENT & HEALTH PREMIUM	147.85
AMORTIZATION-IMR	52,023.00
ANNUITY	210,247.82
ASSESSMENTS-GYMNASTICS	1,473.49
ASSESSMENTS-INDIGENT	298.78
ASSESSMENTS-LIFE	
RETURN OF PREMIUM	-48.00
ASSESSMENTS – LIFE – Other	<u>44,101.65</u>
Total ASSESSMENTS – LIFE	44,053.65
DIVIDEND ON STOCK	69,887.04
GAINS/LOSSES – BONDS	
LOSS ON SALE OF BONDS	-381,482.00
GAINS/LOSSES – BONDS - OTHER	<u>452.33</u>
Total GAINS/LOSSES - BONDS	-381,029.67
GAINS/LOSSES – STOCKS	
GAIN ON SALE OF STOCK-PREF	720.00
LOSS ON SALE OF STOCK-PREF	<u>-63,400.00</u>
Total GAINS/LOSSES – STOCKS	-62,680.00
GYMNASTIC INCOME	
NAT. BOWLING TOURN	0.00
GYM FUND DONATIONS	<u>5,761.43</u>
Total GYMNASTIC INCOME	5,761.43
INCREASE/DECREASE BONDS	-15,976.04
INTEREST INCOME	
INVESTMENT INCOME-Other	187.78
ACCRUED INT. PURCH OF BONDS	-18,161.82
BONDS – INDUSTRIAL	608,371.75
CERTIFICATE LOANS	150.00
COLLATERAL LOANS	22,293.52
GYM DEPT-INVESTORS SVGS BK	338.91
MORTGAGE LOANS	72,114.88
PNC CHECKING	104.02
INTEREST INCOME - Other	<u>655.51</u>
Total INTEREST INCOME	689,749.82
MISCELLANEOUS INCOME	51.00
RENTAL REAL ESTATE INCOME	
Total RENTAL REAL ESTATE INCOME	<u>25,200.00</u>
Total Income	644,733.29
Expense	
OTHER EMPLOYEE BENEFITS	4,000.00
INTEREST DIV ACCUM	4,400.00
PAYMENTS TO MEMBERS	
CASH SURRENDER	28,913.58
DEATH CLAIMS	111,820.75
ENDOWMENTS PAID	5,566.75
INTEREST – ANNUITY	6,574.84
INTEREST ON ENDOWMENTS	<u>9,490.64</u>
Total PAYMENTS TO MEMBERS	162,366.56
ACTUARIAL & ACCOUNTING FEE	77,912.00
BANK CHARGES	683.63
BOOKS & PERIODICALS	271.00
BUREAU & ASSOCIATION FEES	2,940.00
CAMPAIGN REWARDS	498.22
CONVENTIONS	
CONVENTION EXPENSES	<u>22,500.00</u>
Total CONVENTIONS	22,500.00
DECREASE-LIFE RESERVE	39,827.00
DECREASE LIFE RESERVE	172,260.00
DEPRECIATION – AUTO	6,018.00
DEPRECIATION – BUILDING	2,715.93
DIVIDENDS	5,358.85
DONATIONS & ADVERTISING	3,606.67
EXPENSE OF SUP. LDG. MTG.	25,911.83
FRATERNAL EXPENSE	14,494.43
GYMNASTIC EXPENSES	
SAFETY CERTIFICATION	565.00
USAG PROFESSIONAL MEMBERSHIP	411.00
SCHOOL EXPENSE (KURZ)	1,100.00
GYMNASTIC BOWLING	1,286.25
GYMNASTIC DIRECTORS' SALARY	2,500.00
GYMNASTIC DIRECTRESS' SALARY	2,500.00
GYMNASTIC MISCELLANEOUS	11,556.24
GYMNASTIC NATIONAL MEETING	5,892.18
GYMNASTIC OTHER SALARIES	1,200.00
GYMNASTIC TRAINING SESSION	500.00
STAR CAMP	<u>2,600.00</u>
Total GYMNASTIC EXPENSES	30,110.67
HOSPITALIZATION	24,350.56
INSURANCE (EXCEPT REAL ESTATE)	15,395.29
INVESTMENT EXPENSES	13,815.99
MISC OFFICE EXPENSES AND SUPP	815.02
OFFICE EXPENSES	24,221.02
OFFICERS' TRAVELING EXPENSE	13,473.94
OFFICIAL PUBLICATIONS	19,155.00
PAYROLL TAX EXPENSE	10,115.11
POSTAGE, EXPRESS, TEL & TEL	3,393.79
PRINTING & STATIONARY	340.07
RENT EXPENSE (Rent)	25,200.00
RENTAL REAL ESTATE EXPENSES	
Total RENTAL REAL ESTATE EXPENSES	26,275.94
SALARIES	
SALARIES-SUPREME OFFICERS	7,800.00
SUPREME LODGE SALARY	8,200.00
OFFICE	52,519.89
OFFICER	<u>73,499.92</u>
Total SALARIES	142,019.81

(Continued on Page 7)

Slovak Gymnastic Union Sokol Of USA
Balance Sheet

As of December 31, 2008

Dec. 31, 08

ASSETS	
Current Assets	
Checking/Savings	
CASH – PNC CHECKING	425,381.38
CASH – CANADIAN BK OF COM	3,780.96
CASH – M/M GYMNASTIC	34,866.44
PETTY CASH	<u>500.00</u>
Total Checking/Savings	464,528.78
Other Current Assets	
BONDS	
BONDS	<u>7,883,836.84</u>
Total BONDS	7,883,836.84
STOCK	
PREFERRED STOCK	791,520.00
COMMON STOCK	<u>151,192.00</u>
Total STOCK	942,712.00
MORTGAGES RECEIVABLE	
Total MORTGAGES RECEIVABLE	1,166,077.21
COLLATERAL LOANS	
Total COLLATERAL LOANS	438,634.62
CERTIFICATE LOANS	
Total CERTIFICATE LOANS	2,658.00
BENEFICIARY TRUST FUND	
RESERVE FOR TRUST FUND	-16,942.33
TRUST FUND FOR BENEFICIARY	<u>16,942.33</u>
Total BENEFICIARY TRUST FUND	0.00
BOND INTEREST DUE	
Total BOND INTEREST DUE	140,149.00
EXCHANGE	
Total EXCHANGE	-5,354.28
MORTGAGE INTEREST DUE	
Total MORTGAGE INTEREST DUE	1,279.00
PREMIUMS DUE	
Total PREMIUMS DUE	<u>3,071.75</u>
Total Other Current Assets	10,573,064.14
Total Current Assets	11,037,592.92
Fixed Assets	
AUTOMOBILE	
ACCUM DEPREC – AUTO	-15,045.00
AUTOMOBILE – OTHER	<u>30,095.95</u>
Total AUTOMOBILE	15,050.95
REAL ESTATE - BUILDING	
ACCUM DEPREC - BUILDING	-49,827.33
REAL ESTATE – BUILDING – OTHER	<u>67,898.25</u>
Total REAL ESTATE – BUILDING	18,070.92
Total Fixed Assets	<u>33,121.87</u>
Total Fixed Assets	33,121.87
TOTAL ASSETS	<u>11,070,714.79</u>
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	
NON-ADMITTED COLL. LOAN	73,662.00
A&H RESERVE	1,290.00
ADVANCE PREMIUMS	19.44
AVR	7,471.00
CLAIMS – LIFE	25,384.00
DISTRICT ASSESSMENTS	122.23
DIVIDEND ACCUMULATION	94,614.28
EXPENSES PAYABLE	100,778.84
FOREIGN EXCHANGE	602.50
IMR	405,086.00
LIFE RESERVE	4,343,357.00
MORTGAGE LOAN ESCROW	
Total MORTGAGE LN ESCROW	13,891.40
NON-ADMITTED – MORTGAGE	358,000.00
NON-ADMITTED – AUTO	15,050.95
RES. FOR UNPRES. CHECKS	3,746.65
TAXES DUE	<u>32,355.45</u>
Total Other Current Liabilities	5,475,431.74
Total Current Liabilities	5,475,431.74
Long Term Liabilities	
ANNUITIES – LEFT WITH SOCIETY	109,574.88
MATURED ENDOW. – LEFT W/SOC	<u>192,394.11</u>
Total Long Term Liabilities	301,968.99
Total Liabilities	5,777,400.73
Equity	
EQUITY-GAIN ON FOREIGN EXCH.	
EQUITY FOREIGN EXC-2008	-694.00
EQUITY-GAIN ON FRGN EXC-Other	<u>623.50</u>
Total EQUITY-GAIN ON FOREIGN EXC	-70.50
CHANGE IN NON-ADMITTED ASSETS	142,864.10
UNASSIGNED FUNDS-AVR	148,898.00
UNASSIGNED FUNDS	
UNASSIGNED CHANGE 2008 BOND	-221,534.00
UNASSIGNED CHANGE 2008 STCK	-120,676.00
UNREALIZED LOSS	-22,180.16
INDIGENT FUND	8,974.41
DECREASE-AVR	-61,338.00
CHANGE-NON ADMIT ASSET	6,018.00
ACCIDENT AND HEALTH FUND	<u>53,610.29</u>
Total UNASSIGNED FUNDS	-357,125.46
CONSOLIDATED FUND	5,623,084.60
(Retained Earnings)	
Net Income	<u>-264,336.68</u>
Total Equity	5,293,314.06
TOTAL LIABILITIES & EQUITY	<u>11,070,714.79</u>

CASH BASIS

Children’s Ages and Stages: What can they understand? What can they do?

By Linda Thorberg and Brant Lutska

Each and every year, new students enter our gyms and fill up our classes and these children may never have spent time away from their parents or had limited interaction with other children. This can be a very difficult time for instructors, so understanding the children’s ages and stages of development can truly make your job much easier.

The number one reason that children quit any sport is because they are not having fun. Fun is how most kids evaluate their interest in participation. It’s not how many goals they achieve or how many 10.0s they receive on balance beam, it’s the pure pleasure of feeling good. When you understand the interest and abilities of children at various ages, you can create stations and appropriate challenges to allow them to be successful and have fun.

Here are developmental milestones and activity suggestions for various age groups.

AGE 2

Physical Milestones

Developmental Milestones

Walks well, goes up and down steps alone, runs, seats self on chair, becoming independent in toileting, uses spoon and fork, imitates circular stroke, turns pages singly, kicks ball, attempts to dress self, builds tower of six cubes.

Age appropriate activities to include in your gymnastics class:

Provide a running game each class, galloping, walking tiptoe, heels.

Play kick ball, parent rolls the ball, the child kicks it back.

Their head is the biggest part of their body. Rolling usually requires a spot. Find ways to help them learn to tuck their chin.

Create games to use fine motor skills, string beads, put plastic eggs together, stack pit cubes.

Throw bean bags overhead.

Social Milestones

Solitary play, dependent on adult guidance, plays with dolls, refers to self by name, socially very immature, little concept of others as “people,” may respond to simple directions, possessive of objects and people.

Age appropriate activities to include in your gymnastics class:

Have enough activities, equipment and/or props so no sharing is required (8 kids – 8 stations).

Parachute is a good group activity since they don’t have to interact directly with one another.

Make believe activities are good since children are aware of imaginary characters, friends, etc.

Emotional Developmental Milestones

Very self-centered, just beginning a sense of personal identity and belongings, possessive, often negative, often frustrated, no ability to choose between alternatives, enjoys physical affection, resistant to change, becoming independent, more responsive to humor and

distraction than discipline or reason.

Age appropriate activities to include in your gymnastics class:

Let them know when it’s time for transition – “Let’s take one more turn then we will go somewhere else.”

Have many of the same things/props, including items of the same color, so they don’t feel that someone else has “their” item.

Two-year olds often do not want help and do not trust you as the teacher. That is why we have a parent attend to be his/her “safety net.” Create an atmosphere of special time together with his/her parent.

Intellectual Milestones

Say words, phrases and simple sentences, 272-word vocabulary, understands simple directions, identifies simple pictures, likes to look at books, short attention span, avoids simple hazards, can do simple form board.

Age appropriate activities to include in your gymnastics class:

Begins to understand size – uses different sizes of things to stack.

Include puzzle activities with several pieces. Carry a piece across the beam, put in the

puzzle at the other end.

Match things that are alike, by color, by shape, etc. and use these stations as fillers when you are spotting bars or beam.

Keep each station to two activities at a time (i.e. jump to a carpet square and roll over). They can only understand two concepts at a time.

Keep your instructions brief, using three- to four-word sentences.

AGE 3

Physical Milestones

Runs well, marches, stands on one foot briefly, rides tricycle, imitates cross, feeds self well, puts on shoes and stockings, unbuttons and buttons, builds tower of 10 cubes, pours from pitcher.

Age appropriate activities to include in your gymnastics class:

Galloping, being hopping on one foot, hopscotch.

Safety falls and rolls.

Hang on a bar and pedal bicycle legs. Jump down and land on your feet.

Toss scarves to watch (track them) as they come down. Catch them.

Social Development Milestone

Parallel play, enjoys being by others, takes turns, knows if he is a boy or girl, enjoys brief group activities requiring no skill, likes to “help” in small ways, responds to verbal guidance.

Age appropriate activities to include in your gymnastics class:

Parachute games work well.

Ring around the Rosy, all fall

down and do a safety fall.

Have the whole class hold a jump rope with one hand as the transition to a new station.

Use music for warming up activities. They enjoy fantasy; use fairy tales to stimulate them.

Keep your instructions brief, using three- to four-word sentences.

Teach how to stay on a safe spot and take a turn when you call their name.

Emotional Milestones

Likes to conform, easy going attitude, not so resistant to change, more secure, greater sense of personal identity, beginning to be adventuresome, enjoys music.

Age appropriate activities to include in your gymnastics class:

After each attempt at a game or turn on an apparatus, give the child a hug and words of praise.

Give them an object and let them describe what it is and what they want to do with it.

Set up three easy stations and let them decide what they want to do during the time frame. Let them explore their options.

Talk about things they know, favorite television shows, movies, animals, etc. to make them feel part of the group.

They start to enjoy humor, find ways to make jokes they understand.

Intellectual Milestones

Says short sentences, 896-word vocabulary, great growth in communication, tells simple stories, uses words as tools of thought, wants to understand environment, answers questions, imaginative, may recite a few nursery rhymes.

Age appropriate activities to include in your gymnastics class:

Can understand three stations presented together.

Matches like objects and will put things in a row, smallest to largest or by color.

Sing “The Itsy Bitsy Spider” as you warm up or “Row Your Boat” with a partner. Easy to remember songs with simple lyrics will build their confidence as well.

Quiz body positions and the names of equipment in the gym. “Tuck, pike, straddle, who knows how to do it?”

They are learning to follow patterns. Set up your stations in a specific pattern.

Please understand that the second reason that children quit sports is because the teacher was not knowledgeable. Of course that is based on the child’s assumption. What it usually means is that the teacher was not able to successfully communicate the process to the child. Thus, the student takes the situation to mean that the teacher did not know what they were doing. By understanding child development, you will be able to plan activities that are more appropriate for each age level. The more tasks that a child can complete, the better their self-esteem will become. Take time to understand development and you will produce children that are happy, safe and willing to stay involved with gymnastics for years to come.

Development milestones for children ages 4 and 5 will be published next month.

The authors write an online feature (www.flippingeducation.com) which contains information and curriculum suggestions for pre-school gymnastics instructors. Sokol gyms that have pre-school classes may be interested in visiting this web site.

CPS
Actuaries

March 11, 2009

Slovak Gymnastic Union Sokol
of the U.S.A.
276 Prospect St., Box 189
East Orange, NJ 07019

Gentlemen:

This will certify that we have completed a valuation of the outstanding certificates of the Society as of December 31, 2008, according to the schedules of insurance submitted to us, and have found the reserves to be as follows:

41 CSO 2.25 %	\$	119,072
41 SI 3 %		216,089
58 CET 2.5 %		13,394
58 CET 4 %		2,339
58 CET 4.5 %		708
58 CSO 2.5 %		195,918
58 CSO 4 %		48,377
58 CSO 4.5 %		170,294
80 CET 4 %		5,638
80 CSO 4 %		155,466
80 CSO 4.5 %		347,495
80 CSO 5 %		178,019
AE 3 %		1,047,591
AM 3 %		802,180
Annuities		975,800
Non-Deduction of Deferred Premiums		2,424
Unearned Premium Reserve		3,893
Immediate Payment of Claims		54,360
For AIDS Risk		4,300
Reinsurance Credit		-
Total Life Reserve	\$	4,343,357
Reserve for Accident & Health Certificates		1,290
Total Reserve	\$	4,344,647

The Society's valuation indicates that on the bases specified above, the future assessments of the Society at the net rates then being collected, together with the admitted assets as they appeared in the Society's 2008 annual statement, were sufficient to meet all certificates as they mature by their terms with a surplus of \$5,293,316 (or 99.2%) above the statutory standards.

Ratios of assets to liabilities: 2008-199.2%; 2007-207.24%; 2006-207.48%; 2005-208.11%; 2004-199.38%.

Sincerely,

Allan Ferrone, FSA, MAAA
Actuary

Profit & Loss Statement		
(Continued from Page 6)		
SCHOLARSHIP		
MILAN GETTING SCHOLARSHIP	2,000.00	
SCHOLARSHIP EXPENSES	4,000.00	
Total SCHOLARSHIP	6,000.00	
STATE LICENSE FEES	3,617.87	
TELEPHONE EXP	5,005.77	
Total Expense	909,069.97	
Net Ordinary Income	-264,336.68	
Net Income	-264,336.68	
CASH BASIS		

Sokol USA Farrell, PA

Invites all members, families and friends to our

ANNUAL MEETING
AND GYMNAST
RECOGNITION DAY

Sunday, June 7, 2009

800 Spearman Avenue

Slovak Home, Farrell, PA

THE SLOVAK GYMNASTIC UNION
SOKOL USA
FARRELL, PENNSYLVANIA

2:00 pm.....Annual Business Meeting

3:00 pm.....Gymnastic Program

Lunch to follow program

Our gymnasts are preparing for the American Sokol

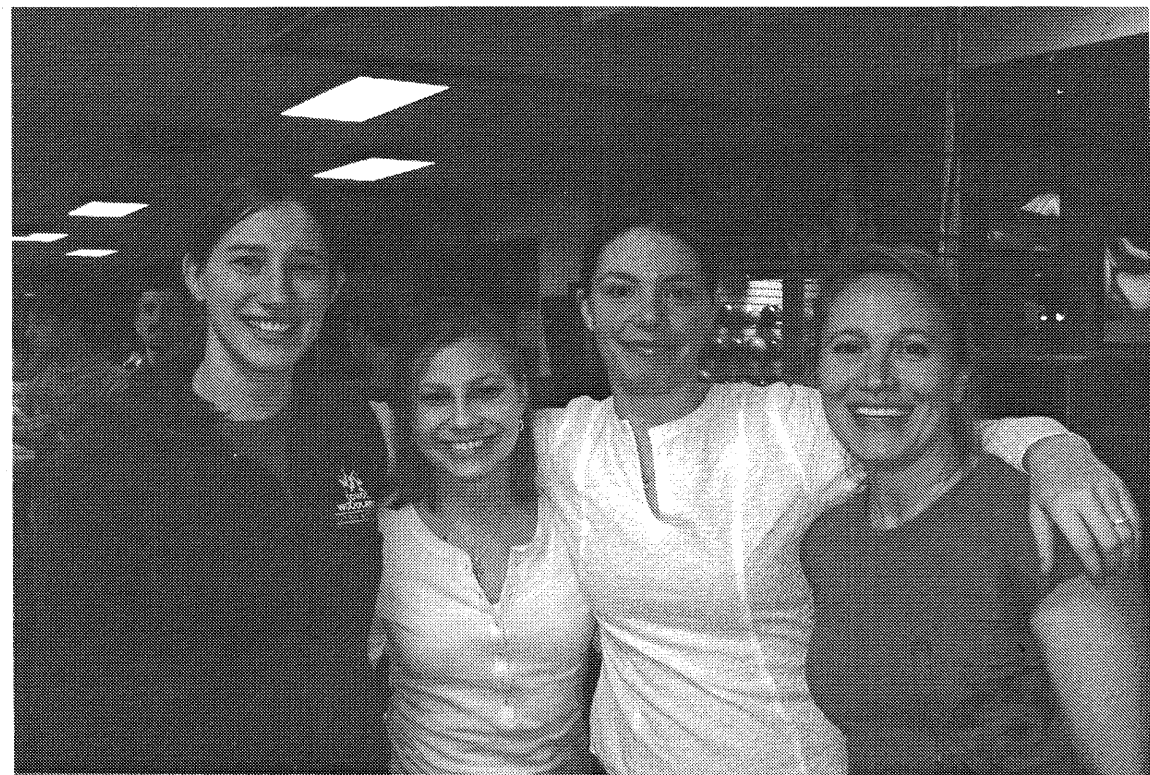
Slet in Fort Worth Texas. Everyone is encouraged

to come to the Sokol gymnasium and meet all

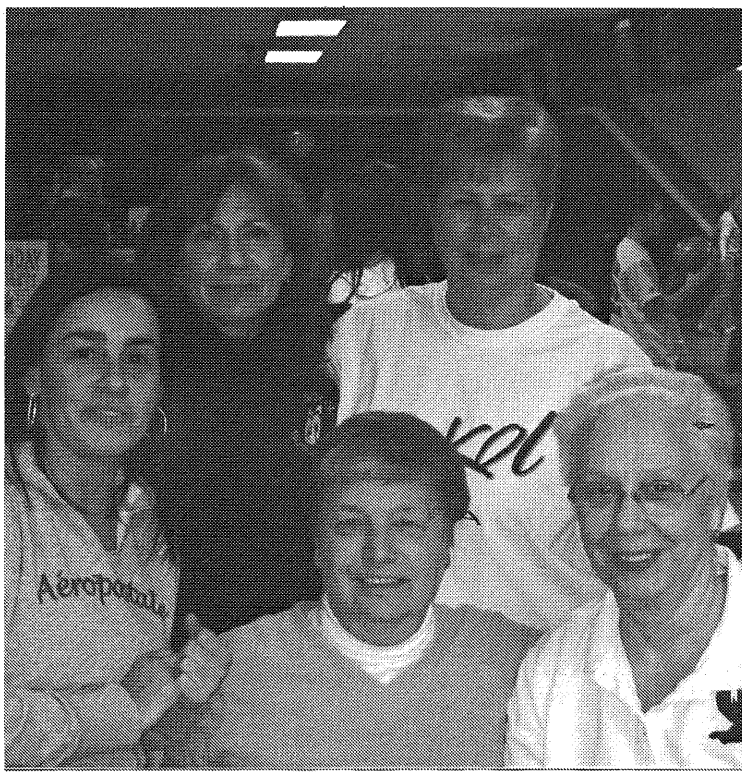
who are maintaining the Sokol traditions

of “A Sound Mind in a Sound Body.”

United Sokols of the East Bowling Tournament



Sokol USA Boonton & DA Senior Women



Sokol USA Boonton Senior Women



Sister Backus and Sister Kobryn had time to win the trophies and keep the rest of us well-fed!



Sokol USA Boonton Junior Girls



Sokol USA Boonton & DA Senior Men

6% ANNUITY RATE

The Single Premium and Flexible Premium Annuities offered by the Slovak Gymnastic Union Sokol earn a 6.00% rate of interest. Annuities are a very sound investment for your retirement years. For information and an application, write to the home office at 276 Prospect Street, P.O. Box 189, East Orange, NJ 07019 or call our toll free number at 1-888-253-0362.

IN MEMORY

Of our deceased Brother and Sister Sokols with a sincere expression of sympathy to their families from the Supreme Officers of Sokol U.S.A.

MILAN M. MASSAR (1920-2008) – A member of Lodge 223, Hoboken, N.J. He is survived by his wife, Merle Massar, and his children.

FRANCIS GLOVER-PUMPHREY (1990-2009) – A member of Lodge 103, Farrell, Pa. She is survived by her parents and husband.

JOHN VRABLIK (1922-2009) – A member of Lodge 306, Chicago, Ill. He is survived by his wife, Anna.

ALFONSE SCERBO (1924-2009) – A member of Lodge 32, Boonton, N.J. He is survived by his wife, Lucille.

LOUIS BAUER (1913-2009) – A member of Lodge 248, Rossford, Ohio. He is survived by his children.

ANNE SVERCHEK (1926-2009) – A member of Lodge 103, Farrell, Pa. She is survived by her brother, Matthew.

THOMAS F. ROVISON, SR. (1916-2009) – A member and officer of Lodge 68, Blairsville, Pa. He is survived by his wife, Eleanor, and other family members.

EVELYN R. STRAUBE (1921-2009) – A member of Lodge 157, Milwaukee, Wis. She is survived by her son, Jerome Straub.



DONATIONS GRATEFULLY ACKNOWLEDGED

To the Sokol USA Gymnastic Fund

From Milan S. Kovac
In memory of Thomas Rovison, Sr.

\$25.00